



Quick prawn noodle soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



356 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 85 g rice thick
- ☐ 500 ml vegetable stock hot
- ☐ 1 tsp fish sauce
- ☐ 0.5 juice of lime
- ☐ 1 star anise
- ☐ 1 pinch sugar
- ☐ 1 handful shrimp raw
- ☐ 1 handful mint leaves

☐

1 serving to 5 chilies red chopped

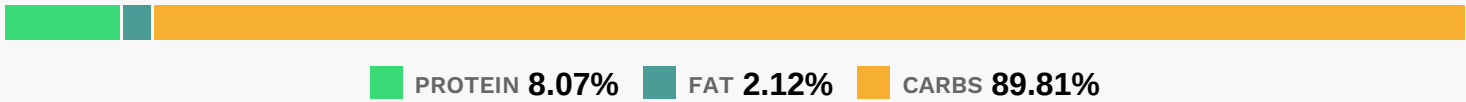
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Boil the noodles until al dente, then drain.
- ☐ Put the stock in a pan with the fish sauce, lime juice, star anise and pinch of sugar. Bring to the boil and add the noodles and prawns. Warm through, then pour into a bowl and serve topped with the mint, coriander and chilli.

Nutrition Facts



Properties

Glycemic Index:226.28, Glycemic Load:44.81, Inflammation Score:-7, Nutrition Score:10.24739118544%

Flavonoids

Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 355.66kcal (17.78%), Fat: 0.83g (1.27%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 78.78g (26.26%), Net Carbohydrates: 77g (28%), Sugar: 6.32g (7.03%), Cholesterol: 1.26mg (0.42%), Sodium: 2470.1mg (107.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.15%), Manganese: 1.03mg (51.53%), Vitamin A: 1336.IIU (26.72%), Vitamin C: 20.38mg (24.71%), Selenium: 13.8µg (19.71%), Vitamin B6: 0.23mg (11.64%), Copper: 0.23mg (11.56%), Phosphorus: 114.33mg (11.43%), Magnesium: 40.37mg (10.09%), Vitamin B5: 0.93mg (9.32%), Vitamin B3: 1.76mg (8.8%), Iron: 1.42mg (7.88%), Zinc: 1.08mg (7.22%), Fiber: 1.78g (7.12%), Potassium: 203.1mg (5.8%), Vitamin B1: 0.08mg (5.2%), Calcium: 46.61mg (4.66%), Folate: 18.51µg (4.63%), Vitamin B2: 0.07mg (4.11%), Vitamin K: 1.58µg (1.5%), Vitamin E: 0.21mg (1.39%)